

October 20, 2026

Re: Tamara Filas's Public Comment in response to the Health and Human Service Department's Request for Information (RFI) on Electromagnetic Fields (EMFs), Radiofrequency (RF) Radiation, and Wireless Radiation Exposure

Docket # HHS-OASH-2026-0397

To Whom This May Concern:

My name is Tamara Filas. I sincerely appreciate this invaluable opportunity to offer my perspective and provide information regarding Electromagnetic Fields (EMFs), Radiofrequency (RF) Radiation, and Wireless Radiation Exposure, as requested by the Department. I believe the level of wireless radiation to which Americans are currently exposed presents a significant, unmitigated public health and safety challenge that requires immediate regulatory attention.

My comments represent a combination of perspectives: An independent researcher and lifelong learner holding a Master's Degree in Biology from the University of Michigan; a Michigan-certified former public school educator with over a decade of brick-and-mortar classroom experience, with a deep concern for child welfare and development; an American consumer who prioritizes long-term health and safety over convenience and popularity; and an individual who has systematically and conclusively, scientifically verified that her exposure to anthropogenic RF/EMF from specific, known sources is directly correlated with the onset of health effects/symptoms, some of which can be medically classified as serious, life-altering or life-threatening health conditions.

Deciding to attach my name to this comment required careful contemplation. Publicly disclosing my sensitivity to wireless radiation challenges my core beliefs regarding medical privacy. However, I feel this disclosure is necessary for the Department to fully appreciate my perspective and understand my dedication to studying the biological and health effects of non-ionizing electromagnetic radiation ("EMR"), including Electromagnetic Hypersensitivity ("EHS"). Furthermore, providing my identity ensures that my credentials as a degreed scientist and certified educator are verifiable, and allows the Department to contact me should I be of any further assistance going forward.

To be clear, my concerns do not stem from a dislike of or anxiety regarding technological progress. Throughout my teaching career, I was entirely comfortable integrating technology into my classroom for both lesson presentation and student-centered learning. For the past three decades, personal computers have been indispensable to my daily routine, supporting a multitude of professional tasks, entertainment options, and creative pursuits. Furthermore, I recently completed a professional development course in Artificial Intelligence to better understand our society's latest technological advancements. I've also experimented utilizing Gemini, Google's AI, to assist with both technical and creative tasks.

I embrace technological innovation—provided it is deployed safely. In the realm of consumer electronics, safety can often be achieved simply by choosing wired connections over ambient radiofrequency transmissions. Examples include utilizing Ethernet cables for internet access rather than Wi-Fi, or relying on landline and VoIP communication instead of cellular devices. While wireless technology carries inherent biological risks that may never be entirely eliminated, we can and must strive to implement safer standards and infrastructure.

For nearly six years, I have extensively researched the various dimensions of non-ionizing electromagnetic radiation and its associated biological and health effects. My investigation combines rigorous literature reviews, field research, and documented human experiences, as detailed below.

I have developed a comprehensive understanding of RF/EMF dynamics by rigorously reviewing, interpreting, and analyzing peer-reviewed literature. I regularly utilize specialized academic databases to locate current scientific studies from medical and scientific publishers. My foundational knowledge is further supported by the study of relevant books, technical monographs, and scholarly presentations delivered by leading researchers in the field. Beyond the biological implications, I study the underlying physics and technical operations of wireless technology. I also track emerging research regarding the intricate mechanics of human and animal physiology—particularly cellular metabolism—to maintain a holistic understanding of these systemic biological interactions. The rigorous preparation required for this submission served as a profound educational catalyst, significantly deepening my understanding and integrating vital new scientific research into my personal curated collection.

To complement my literature review with quantified environmental monitoring, I utilize professional-grade meters to quantify RF intensities across various frequency spectrums. Deploying both omnidirectional and directional antennas allows me to accurately assess ambient baseline levels and isolate specific signal sources. Through

this methodology, I have measured emissions from localized consumer devices as well as high-powered communication antennas. By analyzing the demodulated audio signatures produced by my RF meters, I can precisely identify specific types of devices and infrastructure present in an environment. To establish a controlled, low-exposure environment on my own property, I have successfully implemented both established shielding protocols and novel mitigation techniques using specialized attenuation materials.

In addition to my empirical and literature research, my knowledge base is significantly informed by the recorded case histories of family, friends, and other individuals who suffer from distinct health symptoms and sensitivities related to RF/EMF exposure. By sharing my scientific findings with others in my life, many were able to recognize the benefits of minimizing their reliance on wireless technology, achieving measurable improvements in their health and well-being by transitioning to wired alternatives.

As Maya Angelou famously advised: *"Do the best you can until you know better. Then when you know better, do better."* Today, we possess a vast global repository spanning decades of international scientific research that consistently correlates biological disruptions, health symptoms, and chronic illnesses with RF/EMF exposure—even at sub-thermal, low-intensity levels. The scientific community has provided conclusive information; we now collectively "know better." It is imperative that we "do better" by modernizing and strengthening public safety exposure guidelines for non-ionizing electromagnetic radiation, thereby protecting both the public and our ecosystem from an escalating health and environmental threat.

To that end, my response outlines an analysis of advanced international frameworks alongside a comprehensive blueprint for modernizing our domestic regulatory guidelines. These proposed regulatory changes—ranging from biologically based ambient caps to structural consumer-device protections—reflect active global precedents as well as original frameworks derived from the functional barriers I have faced as an EHS individual. It is my profound hope that these actionable insights prove useful to the Department and receive the strongest possible consideration as a catalyst for meaningful policy change.

The United States has a profound opportunity to establish itself as a global leader in wireless safety and standard-setting, inspiring positive regulatory changes worldwide. It is my sincere hope that the detailed evidence I have assiduously prepared for the public record serves as a catalyst for this necessary evolution. Please do not hesitate to contact me if I can provide any further assistance or clarification.

Further, based on the comprehensive research consolidated by Dr. Belpomme and Dr. Irigaray—which strictly aligns with WHO-proposed causality criteria—I urge the CDC to recognize Electromagnetic Hypersensitivity as a distinct physiological disease. To ensure proper tracking and treatment, EHS should be formally codified within the ICD-10-CM. Detailed evidence is provided in my response to question 17.

In accordance with the instructions detailed in the Department's Request for Information ("RFI"), my responses are numbered to correspond precisely with Questions 2 through 18. While many responses draw upon my established foundation in biology and years of independent research, I have also conducted extensive targeted literature reviews and further explored my personal collection of data, to ensure each question is addressed with the highest possible level of scientific rigor and factual precision.

As an independent researcher operating outside the traditional bounds of institutional academia, I do not possess a formal avenue to publish my data or case study in peer-reviewed scientific journals. Consequently, I hope that this small glimpse into my independent research, rigorous personal case-study tracking, and methodology serves as a valuable and actionable resource for regulators, public health officials, and scientific experts tasked with studying the non-thermal biological and health effects of RF/EMF.

Respectfully,

A handwritten signature in blue ink, appearing to read 'Filas', with a stylized, cursive flourish above the name.

Tamara J. Filas